

CLAIMS

What is claimed is:

1. An exercise apparatus comprising:
a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel track members between the ends;
a movable carriage mounted on said frame for movement along said
5 track members;
a plurality of elongated elastic members extending between said carriage and an anchor bar near said foot end of said frame; and
an elastic member anchor bar and carriage stop assembly mounted to the track members adjustably anchoring said plurality of elastic members to
10 the anchor bar held by the track members while maintaining a predetermined minimum distance between said carriage and said anchor bar.
2. The apparatus according to claim 1 wherein the anchor bar has opposite ends and each end includes an axially extending tenon having two parallel sides and each track member has a longitudinally extending elongated slot sized to receive one of the tenons therein.
- 5 3. The apparatus according to claim 2 wherein the tenons are generally rectangular in cross section.
4. The apparatus according to claim 2 wherein each slot in the track members has spaced anchor bar stop portions defining spaced locked positions.
5. The apparatus according to claim 4 wherein said anchor bar is operable to move between locked positions only when said anchor bar is rotated to an unlocked position.

6. The apparatus according to claim 5 wherein said parallel sides of each tenon are parallel to the longitudinal slot in each track member only when the anchor bar is in the unlocked position.
7. The apparatus according to claim 4 wherein said parallel sides of said tenons engage the anchor bar stop portions of the slots in the locked position.
8. The apparatus according to claim 1 wherein each track member is a tubular extrusion having a rectangular cross section.
9. The apparatus according to claim 8 wherein the anchor bar has opposite ends and each end includes an axially extending tenon having two opposite sides and each track member includes a longitudinally extending elongated slot sized to receive one of the tenons therein.
- 5 10. The apparatus according to claim 9 wherein the tenons are generally rectangular in cross-section.
11. The apparatus according to claim 9 wherein each slot has spaced anchor bar stop portions defining spaced locked positions.
12. The apparatus according to claim 11 wherein said anchor bar is operable to move between locked positions only when said anchor bar is rotated to an unlocked position.
13. The apparatus according to claim 12 wherein said opposite sides of each tenon are parallel to the longitudinal slot in each track member only when the anchor bar is in the unlocked position.
14. The apparatus according to claim 11 wherein said opposite sides of said tenons engage the anchor bar stop portions of the slots in the locked position.

15. The apparatus according to claim 14 further comprising a guide member attached to said anchor bar inside each said tubular track substantially centering said tenon in said slot.

16. An anchor bar and carriage stop assembly for use in a reformer apparatus having a movable carriage mounted on parallel track members, the assembly comprising:

each said track member having an elongated tubular shape and a longitudinal axis, each track member having an elongated slot formed parallel to the longitudinal axis of said track member; and
an anchor bar having opposite ends, each extending into the elongated slot in one of the track members, wherein each said elongated slot has a plurality of spaced anchor bar stop portions engaging the end of the bar to prevent movement along the slot when the anchor bar is in a locked position.

17. The assembly according to claim 16 wherein each end of the anchor bar has an axially extending tenon having parallel sides.

18. The assembly according to claim 17 wherein the parallel sides of the tenon engage the anchor bar stop portions in the locked position

19. The assembly according to claim 16 further comprising a wheel attached to each end of the anchor bar in the tubular track member to center the tenon in the slot.

20. The assembly according to claim 16 further comprising a stop arm attached to the anchor bar and extending away from the anchor bar to contact the movable carriage to maintain a predetermined distance between the anchor bar and the carriage.

21. An exercise apparatus comprising:
a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel track members between the ends;

- a movable carriage mounted on said frame for movement along said track members;
- 30 a plurality of elongated elastic members extending between said carriage and an anchor bar near said foot end of said frame; and
- an elastic member anchor bar and carriage stop assembly mounted to the track members having an anchor bar supported within the track members adjustably anchoring said plurality of elastic members to the anchor bar.
22. The apparatus according to claim 21 wherein the anchor bar has opposite ends and each end includes an axially extending tenon having two parallel sides and each track member has a longitudinally extending elongated slot sized to receive one of the tenons therein.
- 5 23. The apparatus according to claim 22 wherein the tenons are generally rectangular in cross section.
24. The apparatus according to claim 22 wherein each slot in the track members has spaced anchor bar stop portions defining spaced locked positions.
25. The apparatus according to claim 24 wherein said anchor bar is operable to move between locked positions only when said anchor bar is rotated to an unlocked position.
26. The apparatus according to claim 25 wherein said parallel sides of each tenon are parallel to the longitudinal slot in each track member only when the anchor bar is in the unlocked position.
27. The apparatus according to claim 24 wherein said parallel sides of said tenons engage the anchor bar stop portions of the slots in the locked position.
28. The apparatus according to claim 21 wherein each track member is a tubular extrusion having a rectangular cross section.

29. The apparatus according to claim 28 wherein the anchor bar has opposite ends and each end includes an axially extending tenon having two parallel sides and each track member includes a longitudinally extending elongated slot sized to receive one of the tenons therein.

5 30. The apparatus according to claim 21 further comprising a guide means in the track member for preventing binding of the anchor bar in the track member.

31. The apparatus according to claim 30 wherein the guide means is a wheel fastened to a portion of the anchor bar within the track member.

10 32. The apparatus according to claim 21 wherein the assembly further comprises means for rotatably locking the anchor bar in one of a plurality of positions along the track members.

33. An exercise apparatus comprising:
 a generally rectangular frame having a head end and a foot end and
 15 including a pair of spaced apart parallel track members between the ends, each track member having a horizontal surface and an adjacent vertical surface;
 a movable carriage mounted on said frame for movement along said track members, said carriage having a set of support rollers and a set of guide rollers, said support rollers fastened to one of a pair of spaced rectangular
 20 tubes fastened to said carriage and positioned to roll on one of said horizontal surfaces of said track members, each of said guide rollers being fastened to a horizontal portion of one of said rectangular tubes and positioned to roll along one of said vertical surfaces of said track members; and
 a plurality of elongated elastic members extending between said
 25 carriage and an anchor bar near said foot end of said frame.

34. The apparatus according to claim 33 further comprising:
 an elastic member anchor bar and carriage stop assembly mounted to

the track members having said anchor bar supported within the track members adjustably anchoring said plurality of elastic members to the anchor bar.

30 35. The apparatus according to claim 34 wherein each of said track members has a rectangular cross-section.

 36. An exercise apparatus comprising:
 a generally rectangular frame having a head end and a foot end and including a pair of spaced apart parallel track members between the ends, each
35 track member having a horizontal surface and an adjacent vertical surface;
 a movable carriage mounted on said frame for movement along said track members;
 a plurality of elongated elastic members extending between said carriage and an anchor bar near said foot end of said frame; and
40 an adjustable foot bar assembly mounted to said frame in a pair of slots positioned parallel to said track members wherein said slots extend along an outer wall of said frame to selectively position said foot bar assembly at any one of a plurality of spaced positions from said foot end to said head end of said frame.

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